

THE AMAZING CHILD

I'AM AN
AMAZING
CHILD



SENARA MALLAWAARACHCHI

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Lucy's pet

Tolter's gold medal

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DEDICATION

**THIS BOOK IS FOR MY KIND MOTHER AND FATHER,
MY FANTASTIC SISTER, MY ADORABLE LITTLE BROTHER,
AND ALSO FOR MY AMAZING TEACHERS WHO ALWAYS
HELP ME AND MAKE LEARNING FUN!**



PREFACE

The primary goal of the current educational system is to mould a productive citizen and caring family member who is equipped with knowledge and skills. The main responsibility of the school is to identify and recognize children's talents, as well as to sharpen their skills to meet the needs of the nation and the world.

Our Alma Mater is constantly guiding and assisting children who are creative. This project has been an ongoing process at our school for many years, particularly in terms of writing books. Many skilled and enthusiastic young writers participated in this exercise for years, producing novice writers to field of literature. We regard this as a great victory and a national need at this hour.

To continue this effort, we adopted digital technologies and an e-book project this year. I am confident that this unique event provided youngsters with valuable experience and challenges that will benefit them in the future. The Ministry of Education has hailed the project as an important step toward motivating young authors in schools. As principal of Mahamaya Girls' College, I am grateful to all of the students throughout the country who contributed to this endeavor. I commend and applaud all of the young authors of these-books for their perseverance and devotion in this difficult task.

I would like to thank our school management committee, employees, parents, for me students, administrators, and teachers from other schools who encouraged students to take part in this worthwhile effort.

I'd also like to thank Mr. Senevirathne Mahalekam for his tremendous support and assistance in initiating this project.

Ms Shashikala Senadheera
Principal, Mahamaya Girls College - Kandy
2023.10.20

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LET'S BE A GOOD CHILD



1.LET'S BE A GOOD CHILD

To be a good child, we must follow all the things below

- Obey and respect our elders.
- Speak good and respectful words that won't hurt others feelings.
- Don't hurt any animal, even if they are dangerous.
- Be clean, neat and tidy.
- Study well.
- Help people, animals, or the environment every time that is possible.
- Be friendly.

These are some good habits we must follow, but there are a lot more good habits that we must follow. On the next page, we are going to talk about all the good habits mentioned above.



1. OBEY AND RESPECT OUR ELDERS.

Elders are people who are older than you. That's why we must obey and respect them.

Obedying means If our elders give us advice, we must listen to them. It is very important to obey our elders. If our elders say, "Don't tell a lie, always speak the truth." "Telling a lie is a bad habit." Then we must obey them.

Respecting our elders means being kind and helpful to them. For example: worshipping our parents, helping people who are deaf, blind or can't walk. We mustn't also be rude to them. It is also very important to respect your elders.



2. Speak good and respectful words that won't hurt others feelings.

Words are something we always use. We must be sure to talk pleasant and respectful words without rude and disgraceful words.

For example:if we say to someone "You look so ugly! " that person would be very sad. You had told that person something rude and hurted his feelings. But if you say to someone " You are very kind and clever . " That person would be happy and also would like you for saying something very pleasant.

If you ever talk like a rude and disgraceful person you must stop it now.



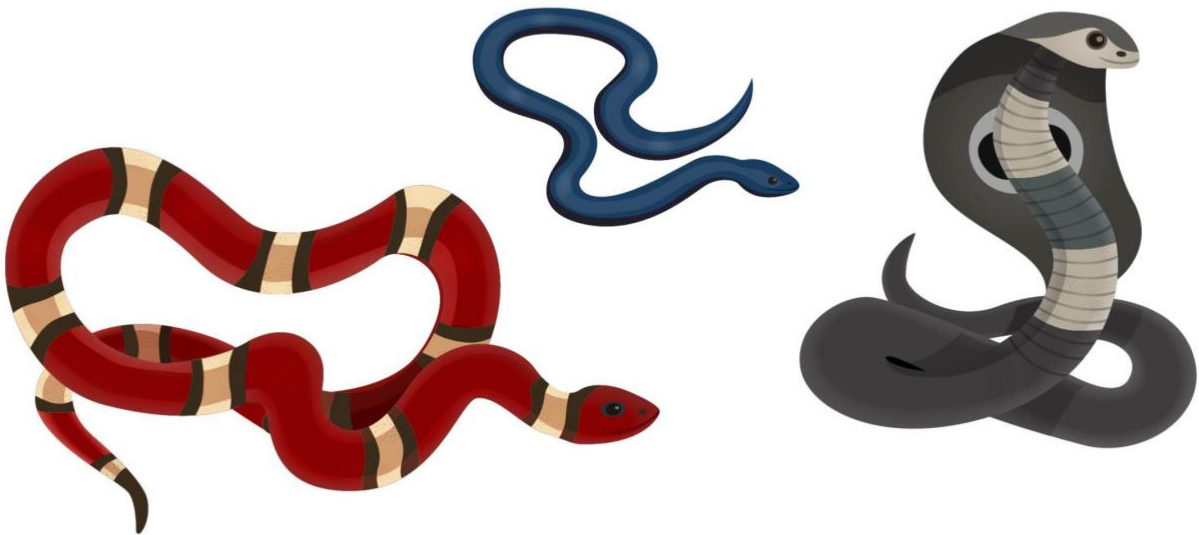
You must also use these pleasant words mentioned below. Sorry, please, thank you, you are welcome, good morning, good afternoon, good night, excuse me, may I come in and have a good day.

The above sentences and words are respectful and graceful things to talk.



3. Don't hurt any animals even if they are dangerous.

Hurting animals is a very bad sin. Animals also want to live; we must let them live. Even snakes must live. So it is very bad to kill animals or hurt them. You must remember to never do it.



4. Be clean, neat, and tidy.

If we stay clean, neat, and tidy, we will feel happy, and it will be easy to find things. But if we are untidy, rats, cockroaches, and other animals like mosquitoes can come to our house.

And it's also easy for our things to get lost. So it is very important to stay clean.



5. Study well.

It's good to study well because we could have a great future later on. We must also only study at our table. If we study in different places, we can't learn anything. For example, if we studied on the bed, we would get sleepy and go to sleep. But it's all right to read books in different places. It's important to study correctly.



6. Help people, animals, or the environment every time that is possible.

Helping others is a very good habit. We can help the environment and the animals as well. For example, when we water plants, we are helping the environment because we are helping plants grow.

When we give medicine to an animal who has a wound, we are helping that animal. At last, when we help someone read, we are helping a person. Like that, we must help each other.

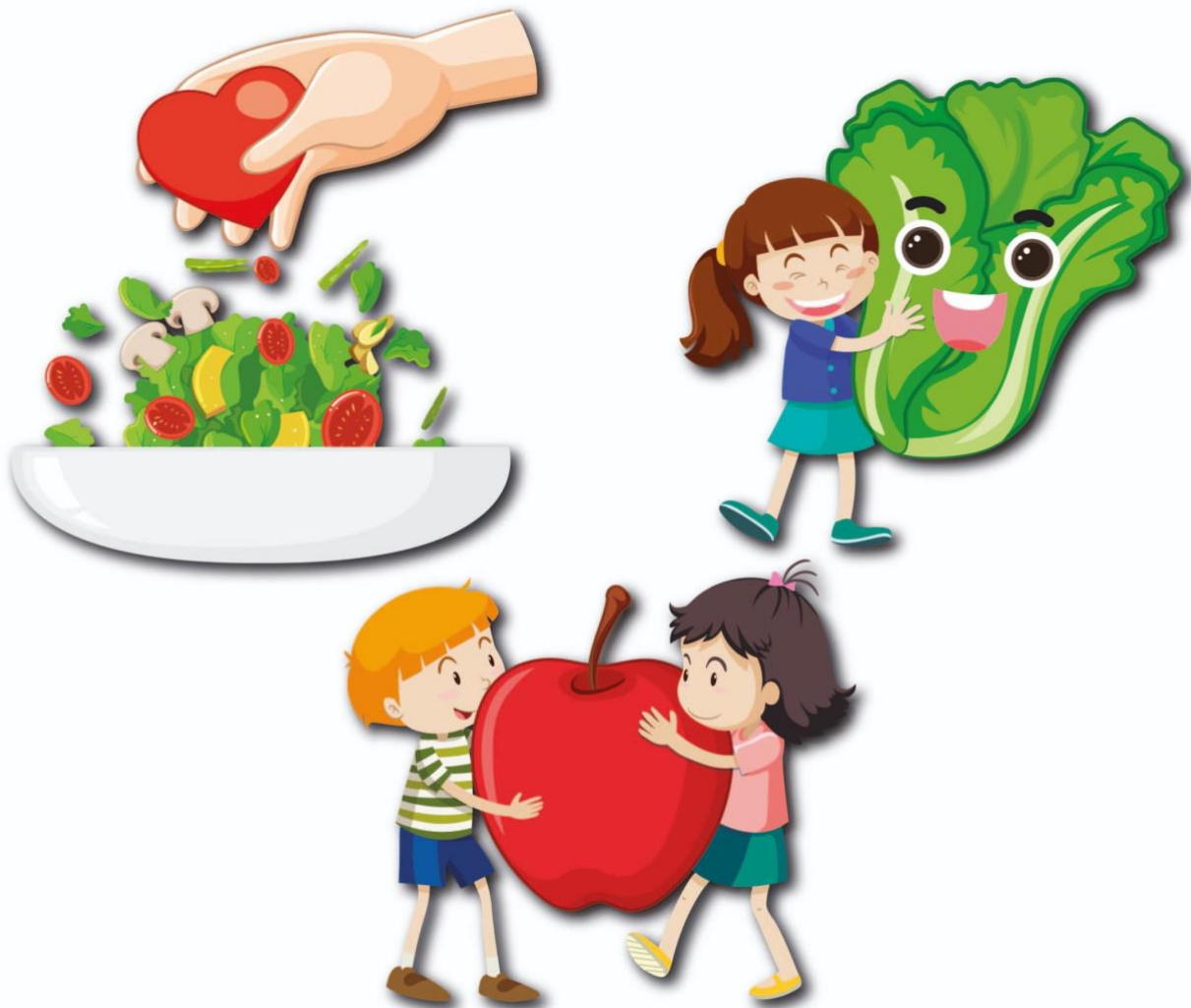


7. Be friendly.

If we are good children, we mustn't quarrel or be angry with our friends. If we are not friendly with our friends, we will lose our friends. If we are friendly with our friends, they will like it.



LET'S BE A HEALTHY CHILD



2.LET'S BE A HEALTHY CHILD

To be a healthy child, we must eat healthy food. If we eat junk food, we will be unhealthy children. First, we will learn about healthy food. Healthy foods are foods that have vitamins and minerals.

Below is a **list of healthy foods**.

Fruits, vegetables, milk, spinach, gotukola

List of junk foods

Cake, sweets, Foods that are loaded with oil and salt

If you want to be fit and strong, you must eat healthy food. When you eat healthy food, you will get long hair, your skin will turn a beautiful colour, and you will also be fit and strong.

But if you eat junk food, you will be sick and fat. If you don't brush your teeth after eating junk food, your teeth will be affected by bacteria.



To be a healthy child, you must also be clean. To be clean, you should follow the things mentioned below.

- Brush your teeth daily.
- Wash your hands before and after meals.
- Wash your body after going somewhere and returning home
- Wash your hair every day, or at least once a week.

If you do these things, you will be clean. Follow these instructions to be a healthy child.



LET'S BE A CLEVER CHILD



3. LET'S BE A CLEVER CHILD

To be a clever child, we can do so many things. These are some of the things we can do.

- Read a lot of books, especially scientific books.
- Ask questions from our elders about the things that we don't know.
- Listen to teachers and learn well.
- Do activity books and learn new things.
- Write essays about anything we like.



AFTERWORD



As modern technology permeates the social and economic arenas, students tend to distance themselves from the creative process, relying more and more on technological tools. To reduce this risk and help aspiring young writers produce their own books, I sought and presented a research proposal to the Ministry of Education in 2014. It was a fantastic opportunity for children to showcase their enthusiasm and knowledge. The students of Mahamaya Girls' College achieved a record for the most books written, paving the way for a new level of innovation.

The e-book project will enable the students to reach international readers, and I am confident that they have gained new experiences and challenges that will enable them to face the future with resolve.

I wish all of the young writers the best of luck in their future endeavors.

Senevirathna Mahalekm
Founder of Books Publishing Project Among School Children
2023 10 20